

SIGN ME UP

Captain's visit our website to register your team online.

www.scoa.ca/globewalk/

Name: _____

Address: _____

_____ PC _____

Phone: _____

E-mail: _____

Male Female

Age Category: 50-59 60-69

70-79 80-89 90-99 100+

Please return this sign up section to your **Team Captain**. If you have no team, drop the form at SCOA. The above information is for Globe Walk only and will not be used for any other reason

Sheila Angelstad
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Seniors' Globe Walk

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Returning from the Moon 2016!!

Details on our Webpage:
www.scoa.ca/globewalk/

Seniors' Globe Walk 2016

Challenge yourself and others to participate in a fun winter exercise routine. You'll stay active and work with your team to achieve an awesome goal — walking the equivalent of

Returning from the Moon!

That's 225,623 miles!

We'll begin the walk on **January 4, 2016** and continue counting our steps until **April 30, 2016**. 2,000 steps equals approximately 1 mile. For those who prefer other forms of physical activity that cannot be measured in steps or distance, you can log one mile for every thirty minutes of an activity. So you can stroll or roll, hike or bike, swim or gym...all will help to accomplish the goal of our global walk.

At the end of each month you will give your team captain your total steps, distance you travelled or amount of time spent in physical activity for that month. The team captain will then submit the totals to Saskatoon Council on Aging.

Let's get motivated!!

The Saskatoon Council on Aging is a community leader in the health and independence of older adults.

During community consultations for the Age-friendly Saskatoon Initiative, older adults identified the need for more physical activity and social opportunities during the winter months. The Globe Walk Challenge is a response to that need.



Globe Walk Activities 2016

Mark your calendar

January 4	Captain's Launch
February 15	Forestry Farm Family Walk
March 17	St Patrick's Day Walk
April 18	Scavenger Hunt
May 13	Celebration Lunch

HOW TO JOIN A TEAM

(NO COST TO JOIN!)

Step 1: If you have a team, with a team captain, go to Step 2. If you do not have a team to join but wish to participate please contact Sheila (contact information on the back of this brochure).

Step 2: Fill out the registration form on the reverse of this section to give to your team captain. Your captain will give you your information package and calendar to track your progress.

Step 3: Place your calendar on your fridge or in a handy location so you can keep track of your distance, steps or time. Remember that you can include other forms of physical activity, not just walking, and that every thirty minutes will count as one mile.

Step 4: At the end of each month inform your team captain of your distance and/or time for that month. The team captain will then submit the totals to Saskatoon Council on Aging.

Step 5: Get motivated, have fun and join everyone for a celebration party at the end of the walk.